

# TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY THE HUDSON MOHAWK ROAD RUNNERS CLUB

*You don't have to be a member to compete*

—50th Season—

**JUNE 12, 19, 26**

**JULY 3, 10, 17, 24 (Ribbon Night)**

**JULY 31**

• **FREE OF CHARGE** •

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

## - ORDER OF EVENTS -

- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (up to 12 years old)
- 100 METER DASH (any age)
- 400 METER DASH (any age)
- 800 METER RUN
- 200 METER DASH (any age)
- 2 MILE RUN
- RELAYS
- FIELD EVENTS (NO POLE VAULT THIS YEAR)

For further information, contact Frank Myers at 869-9333  
or at [FlyingBB45@aol.com](mailto:FlyingBB45@aol.com)

**\*\* A Reminder - The Dynamic Duo is August 4th \*\***

*This program is an independent, privately run program and is not operated by, and has no direct affiliation with the South Colonie Central School District*